

YOU WILL NEED TO BRING THIS SIGNED WAIVER FROM YOUR DOCTOR TO THE TEST SITE IN ORDER TO PARTICIPATE. YOU WILL BE NOTIFIED AS TO THE DATE, TIME, AND LOCATION OF THE TEST.

BALTIMORE COUNTY PRE-ENTRANCE PHYSICAL AGILITY TEST

POLICE OFFICER

The following is the test that you will have to complete successfully to continue in the selection process:

PUSH-UPS ABSOLUTE STRENGTH – The score is the number of non-modified push-ups performed properly in one minute.

SIT-UPS MUSCULAR ENDURANCE – The score is the number of bent-leg sit-ups performed properly in one minute.

1.5 MILE RUN CARDIOVASCULAR CAPACITY – 1.5 mile run. The score is in minutes:seconds.

**TRIGGER/
SLIDE
PULL** HAND STRENGTH – Trigger pull is measured in seconds for strong and weak hands. (45 sec. – S-30, W-20). Slide pull is measured in seconds for number of times slide is pulled. (Min. 5 times in 20 seconds). Scoring is same for male/female.

Minimum Scores for Employment as a Law Enforcement Officer in Baltimore County:

	<u>MALE</u>	<u>FEMALE</u>
PUSH-UPS	21	11
SIT-UPS	31	22
1.5 MILE RUN	14:21	17:39

VISUAL STANDARDS – all candidates must have binocular vision. Corrected vision shall be at least 20/30 in the weaker eye and shall be for both eyes together. The uncorrected standard shall not be worse than 20/100 in the weaker eye (20/180 if soft contacts are worn regularly and consistently for vision correction).

BRING THIS WAIVER WITH YOU
TO THE TEST SITE.

PHYSICAL AGILITY TEST

I HAVE REVIEWED THE ATTACHED DESCRIPTION OF THE BATIMORE COUNTY POLICE
DEPARTMENT'S PRE-EMPLOYMENT PHYSICAL AGILITY TEST AND CERTIFY THAT THE
APPLICANT, _____, _____, IS UNDER
(Applicant's Name) (Date of Birth)
MY CARE AND IS IN APPROPRIATE PHYSICAL CONDITION TO BE ABLE TO SAFELY
PERFORM THE PHYSICAL AGILITY TEST AS DESCRIBED ON THE REVERSE SIDE.

AUTHORIZING PHYSICIAN'S SIGNATURE

PHYSICIAN'S NAME (Type or Print)

ADDRESS

CITY, STATE, ZIP CODE

PHONE